

**THE EAR INSTITUTE OF TEXAS, P.A.**  
**210-696-4327**

Dear Patient,

Your provider ordered vestibular testing for you. These tests are very important in diagnosing dizziness and are important to your further care and treatment. **VNG testing takes approximately 1-1.5 hours.** The VNG technician will call you a day or two prior to your scheduled tests to remind you of the testing and what you may need to do prior to the testing to prepare. **You should schedule this testing as soon as possible. Also, keep in mind that some types of dizziness can be cyclical or repetitive, and it is advisable to proceed with the testing your provider ordered even if it starts to improve or resolves.** Following is information regarding the types of tests we do here in the office.

**VNG TEST DESCRIPTIONS:**

**VNG** – most commonly used test to evaluate the vestibular system (balance portion of the inner ear and nerve structures) and oculomotor system. We are tracking eye muscles/movements in order to evaluate the balance system. Patients are asked to follow a moving light with their eyes, sit and lie in different positions, and lie still while caloric stimulation of the inner ears performed (with warm and cool air or water- **calorics**), while their eye movements are monitored with infrared goggles. **Positionals** – test for positional nystagmus (beating of the eyes), as can be seen with Benign Positional Proximal Vertigo (BPPV). Patient will lie back with the head lying further down to induce BPPV symptoms. The patient will lie down for the test and turn the head and body to the side. The test lasts approximately 15-20 minutes.

**POSTUROGRAPHY** – test of the balance system, which helps to objectively assess level of imbalance and determine level of imbalance attributable to each sensory system involved in balance, including vestibular, visual, and somatosensory systems. It also tests center of gravity, motor control, and adaptation of the balance system

**ABR** – a safe and painless test to see how the hearing nerves and brain responds to sounds.

**ECoG** – safe and painless test that measures the electrical response of the inner ear to sound to evaluate balance problems.

**VEMP** - This test is meant to check on the function of a reflex passing through the inner ear that is partially responsible for balance. While wearing headphones, noise that sounds like a tapping woodpecker will stimulate the inner ear, and the electrical response will be measured with electrodes placed on the forehead and neck. During this test you will need to be able to turn your head and hold it approximately 90 degrees to either side.

When this sound is played a tiny vestibular (balance) organ in your inner ear begins to shake slightly. This organ is responsible for some of your balance and equilibrium. By causing it to shake, a very small reflex is sent to various muscles of your neck. The electrodes placed on your neck measure this reflex, and therefore can help determine if the balance portion of your nerve is functioning correctly.

**\*Please contact us if you have any questions about the tests that were ordered for you. Thank you for being our patient! Please read and follow these guidelines in preparation for your testing.**

## PREPARATION FOR VESTIBULAR TESTING:

- Please wear loose fitting clothing for your comfort during testing.
- Please refrain from wearing any skin lotions, moisturizing creams, **makeup, mascara etc.**, on your face the day of the testing. You will be required to cleanse your face prior to testing if any of these are present.
- Some patients may experience dizziness following the testing, so you should have a driver with you.
- You may eat prior to the test. However, it is recommended that you eat a light meal only.

**It is necessary to avoid certain substances (medications and beverages) 48-HOURS prior to testing. Consumption of certain medications/beverages prior to testing may produce inaccurate test results.**

### Do NOT take/consume:

Sleeping pills/ Sleep aids  
Aspirin, Tylenol (and similar)  
Antihistamines  
Cough medicine  
Alcoholic beverages  
Pain medication (Including over-the-counter)  
Muscle relaxers  
Caffeine  
Tranquilizers  
Cold Remedies  
Medications for the control of nausea or dizziness

### You MAY take/consume:

Heart medicine  
Diabetes medicine  
Thyroid medicine  
Blood pressure medicine  
Seizure medicine  
Birth control pills  
Any antibiotic  
Vitamins  
Diuretics

### COMMON MEDICATIONS TO AVOID PRIOR TO TESTING:

Antivert	Dramamine	Feldene	Meclizine	Seldane
Bonine	Dramamine	Fiorinal	Midrin	Transderm Scop (patch)
Dalmane	Elavil	Flexeril	Pamelor	Valium
Diazepam	Entex	Halcion	Phenergan	Xanax
Diphenidol	Entex LA	Hismana	Prozac	Vontrol

**\*If you have additional questions about any medications you are taking or are unable to stop taking any medications you are now on, please call our office 210-696-4327 ext: 2122**

*The potential for changes in the heart rate and blood pressure during vestibular testing exists. If you suffer from cardiac active disease, please check with your cardiologist prior to the testing.*

**ALL TESTING PERFORMED IN OUR OFFICE IS OR MAY BE SUBJECT TO YOUR DEDUCTIBLE.** You may check with your insurance company if you have any questions regarding your coverage.

**CANCELLATION:** Because a significant amount of time with our staff and physician has been reserved for your scheduled testing, we request that you notify us as soon as possible if you need to cancel or reschedule. Due to the resources allotted for your testing, you will be charged a **\$75.00 cancellation fee if you do not provide cancellation notice at least two business days prior to your appointment; or, if you elect to cancel the testing up to and including the time of your scheduled appointment.**